

Stepping Out



PREPARATION METHOD

Objective: To understand how preparation method affects the nutritional value of food.

Record and compare the following nutrient information for these methods of preparing potatoes and chicken.

POTATOES

	DEEP-FRIED (11404)	OVEN HEAT (11403)
Calories	<u>315</u>	<u>200</u>
Fat (g)	<u>16.57</u>	<u>7.56</u>

CHICKEN

	BREADED FRIED Ingredient #95750	GRILLED PATTIE Ingredient #987895
Calories	<u>225.36</u>	<u>179.46</u>
Fat (g)	<u>12.74</u>	<u>9.9</u>

Stepping Out



1. How do preparation methods change the fat content of food?

2. List two preparation methods you could use to reduce fat.
